



MARCH 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		1 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> Support Group/4pm - 6 pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	16	17	18	19 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext.5231
20	21	22	23	24	25	26
27	28	29	30	31	To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	



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22/29	23/30(Memorial Day)	24/31	25	26	27	28